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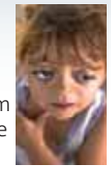
A BOYISH GRIN, MILD MANNER AND LOADED GUN

AGENT COULSON OF S.H.I.E.L.D. SEEMS AWKWARD RIGHT UNTIL HE SHOOTS YOU PAGE 11

Who is Rami Abdurrahman?

His stats on killings and clashes in Syria are the most reported in the media, but should news outlets be taking his word for it? PAGE 7

Are pesticides responsible?



Doctor from Argentinian farm belt says population has gone from fairly healthy to high rates of cancer and birth defects PAGE 8

Sidewalk no place for bus: Instructor

In this screengrab taken from a dashcam video belonging to driving instructor Keith Marien, a school bus can be seen driving on the sidewalk in the same turning bay where cyclist Mario Théoret was killed in a collision with a tanker truck. To watch a clip of the video visit metronews.ca. For coverage of the Théoret memorial turn to page 3. KEITH MARIEN/CONTRIBUTED

Road outrage. Driving teacher films bus off-roading eight hours after cyclist killed in same spot

DENIS ARMSTRONG
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Driving instructor Keith Marien has seen a lot of dangerous, bonehead moves Ottawa drivers make, but the one he witnessed on Hunt Club Road Thursday has him fuming.

Only eight hours after a fatal truck-bike accident at Merivale, Marien, 48, says he was with a student, stopped on Hunt Club for a red light at Merivale, when the driver of a First Student school bus #130809 behind him started honking, urging the student driver to move forward.

The veteran instructor told his student to ignore the horn and maintain his position. When the eastbound light turned green, Marien saw the bus squeeze into the outside bike lane, and then mount the sidewalk, approximately the same location where Mario Théoret was killed that morning.

Marien was videotaping the whole incident on his dash-mounted camera.

"I'm not shy about calling people out on their stupidity," Marien said. "But this is one of the most reckless examples of bad driving I've ever seen."

He said he called the First Student company to complain about the driver. He said they said they would look into the matter.

Marien also called police.

"I'm trying to teach these kids the safe way to navigate dangerous intersections and here's this school bus driving roughshod over the sidewalk," Marien fumed. "I'm in the car 12 hours a day, five days a week and I see this sort of thing from school buses and OC Transpo all the time. If I do something stupid, I lose my licence and my job. If you ride your bicycle on the sidewalk, it's a $65 fine, but what is the fine if you drive a school bus?"

Bad example

"I'm trying to teach these kids the safe way to navigate dangerous intersections and here's this school bus driving roughshod over the sidewalk." Keith Marien, driving instructor

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‘He loved riding, he loved being with his friends’

Killed last week.
Ottawa cyclists, friends gather to remember bike enthusiast Mario Théoret

TREVOR GREENWAY
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Sandra Beaubien knows it will be difficult to get back on her road bike and commute through Ottawa’s busy traffic again.

After her friend and fellow cyclist Mario Théoret was struck and killed by a tanker truck at the intersection of Merivale Road and Hunt Club Road last Thursday, the 34-year-old now fears for her safety.

“I don’t know when I’ll get back on my road bike, I don’t know,” Beaubien said, as about 100 mourners gathered Sunday to lay a white ghost bike at the site of the fatal accident. The words “RIP Mario” were written along the bike frame.

“I don’t think I can this year,” she added, fighting back tears.

Théoret, an avid cyclist, had voiced concerns about his daily commute and the dangers he faced going to and from work, friends said. Alan Shade said his friend’s tragic death will keep him off Ottawa streets.

“You’ll likely never see me commuting on my road bike in Ottawa. I just don’t trust the drivers here,” Shade said.

During the morning tribute, Théoret’s best friend and co-founder of Trips for Kids, a non-profit organization that provides mountain-bike excursions for children, spoke of how Théoret loved the biking community.

“He didn’t really talk much did he? Yet everyone knew what was in his heart and the person that he was, so that means a lot to me that so many people knew who he really was,” said Cat Weaver to the crowd huddled around the ghost bike. “He loved riding, he loved being with his friends, he loved us so tenderly, so dearly, he really did.”

Mourners gather around a ghost bike marking the spot where cyclist Mario Théoret died in a traffic accident last week.
TREVOR GREENWAY/METRO

Nordic Cancer walk triples participants

Nordic walk event chair Lawrence Greenspon and his son Carter, 14.
DENIS ARMSTRONG/FOR METRO

People who either have been affected by cancer, or know someone who has, grabbed their ski poles and took to the streets Sunday morning for the third annual Scotiabank Nordic Walk for Cancer Survivorship.

Nearly 500 participants — three times the number who walked the courses last year — walked the 3K, 7K, 10K and 15K courses to raise $112,133 for the Ottawa Regional Cancer Foundation’s Maplesoft Centre, which provides counselling services for victims and families struggling with cancer.

“We all know someone who has faced cancer,” said event chair Lawrence Greenspon, who was accompanied by his son Carter, 14. Greenspon created the fundraiser with Linda Eagen.

“I was getting tired and frustrated watching too many people struggle with this disease and wanted to do something. This seemed a natural.”

Popular in Europe, Nordic pole walking works out 90 per cent of the body’s major muscles, burning 46 per cent more calories than regular walking, and does so in half the time with less wear and tear on joints, event organizers said.

The Ottawa Regional Cancer Foundation is the largest financial contributor to cancer care and research in the region, ensuring that patients get care close to home as quickly as possible. DENIS ARMSTRONG/FOR METRO

Second in a month

Sex assault prompts call for practical security measures

Ottawa Hollaback! is calling on the everyone in the capital to end street violence after a woman was sexually assaulted in Barrhaven Friday night. It’s the second incident this month and it has people in the safe-streets movement concerned.

Ottawa Hollaback! director Julie Lalonde says the assault, in which a man approached a woman, engaged in conversation and then attacked her near the intersection of Woodroffe Avenue and Deerfox Drive, is a collective — not individual — problem.

“This is about everyone being vigilant and everyone looking out for everyone,” said Lalonde. She said Ottawa’s image of being a safe city is misleading, adding Ottawans have “collective amnesia” when it comes to past cases of street violence.

She noted that instead of placing responsibility on the victims of assault, “practical” solutions like adding better lighting and cleaning underbrush to create better visibility in places like the Heron Transitway Station — where another woman was sexually assaulted Oct. 7 — need to become the priority.

Police haven’t linked the Heron Park case with the one in Barrhaven.

The suspect in the Barrhaven attack is described as white with a slim build, five-foot-10 to six-feet tall, and English-speaking, with dark hair with blond streaks.

Anyone with information is encouraged to call police at 613-236-1222 ext. 5944.

TREVOR GREENWAY/METRO

Active transportation

Fat city, meet the Big Apple

Kim Wiley-Schwartz wants Ottawa to become a little bit more like New York City when it comes to active transportation.

The assistant commissioner for education and outreach from the department of transportation in New York City will meet with City of Ottawa officials and various community groups this week to discuss how the Big Apple has become so successful when it comes to active transportation.

She’ll be boasting about how her city pedestrianized Times Square, added kilometres of new city bike lanes and created the Sustainable Streets Index, which provides data on traffic, parking, travel and safety trends.

Wiley-Schwartz’s presentation takes place at Ottawa City Hall Tuesday at 3 p.m.

TREVOR GREENWAY/METRO

Medical officer of health

Report calls for ‘Complete Streets Policy’ for schools

Medical officer of health Dr. Isra Levy will table a report on “School-Based Active Transportation” to Ottawa’s board of health Monday night.

The report calls for a “Complete Streets Policy” for road design, a reduction in aggressive driving, including reducing the “default speed limit from 50 km/h to 40 km/h,” and getting more kids to walk or bike to school.

TREVOR GREENWAY/METRO

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Guard facing more sex-assault charges

The Ottawa Hospital.
Jury wasn't told guard was to go on trial again in January for another alleged sex attack on a different mentally disabled woman

JOE LOFARO
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Clinton Russell leaves the Elgin Street courthouse on the second day of his sexual assault trial in Ottawa on Oct. 2.
MIKE CARROCCETTO/FOR METRO

A former hospital security guard who was convicted Friday of sexually assaulting a mentally disabled female patient in 2011 will be tried again for similar sex charges in January.

A jury found Clinton Russell guilty of sexual assault and sexual exploitation of a person with a disability. The victim was a woman who suffers from Williams Syndrome and functions at the level of a person between the ages of seven to 12 years old.

The woman was in her late 20s at the time of the incident and was receiving care at the Ottawa Hospital's psychiatric unit. On Dec. 23, 2011, she complained to hospital staff that a uniformed security guard handed her a note saying, "follow me, follow me."

That's when he brought her to a room in a cancer patient centre where he undressed himself and forced her to perform fellatio, she testified.

The woman cannot be named due to a publication ban.

Russell had pleaded not guilty to both charges prior to the trial, which started on Oct. 1. The jury deliberated for three days before reaching a verdict Friday morning.

At the time of the conviction, the jury was not aware Russell was facing another sexual-assault charge involving a second mentally disabled female patient at the hospital. The second complainant came forward to police after they sent out a media release in January 2012 announcing Russell's charges regarding the initial complaint that prompted the investigation.

Russell is scheduled to go on trial again for the same kinds of charges on Jan. 6. In the earlier case, the sexual assault is alleged to have occurred in 2010.

In the months leading up to the trial, the first complainant changed her version of events about what happened on the night of the incident and told the court in a preliminary hearing she was not truthful. However, in a subsequent police interview on May 28, she recanted those statements and said she lied because she grew "frustrated" with being questioned by Russell's layer, Ian Carter.

Carter denied in closing arguments the sexual assault ever took place and argued the witness was unreliable.

The jury also heard there was no DNA evidence to link Russell to the sexual assault.

On Friday, Justice Monique Métivier decided not to grant the Crown's request to revoke Russell's bail. She did, however, add the condition that he not be allowed to possess a valid passport and said he is still bound by existing bail conditions.

Métivier also ordered a presentence report and a psychosexual assessment for Russell.

His sentencing hearing is scheduled for Jan. 23, 2014.

Ottawa Hospital stands by handling of patient's sexual-assault complaint

The Ottawa Hospital was right in waiting several hours before notifying police about an alleged sexual assault of a mentally disabled patient by a security guard nearly two years ago and there has been no policy changes since, a spokesperson said Thursday.

The actions of staff at the Civic Campus came under fire on the opening day of the trial of Clinton Russell, a former security guard at the hospital who was charged with sexually assaulting a woman with Williams Syndrome on Dec. 23, 2011.

In her opening remarks to the jury on Oct. 1, Crown prosecutor Suzanne Schriek said hospital staff didn't notify Ottawa police until more than five hours after receiving the initial complaint. The hospital wanted to conduct its own internal investigation before calling police, she said.

Schriek also argued "little effort was made" to secure the room in which the alleged incident occurred.

But hospital spokesperson Hazel Harding said in an email to Metro on Thursday it's standard procedure for hospital staff "to gather evidence and review the complainant" before dialling 911.

"Our No. 1 priority is the patient so we make sure her/his clinical and emotional needs are met," said Harding. "If a patient asks at any time that the police be called immediately, then they are.

"There has been no change in our policy," Harding added.

The time from the complaint to getting Ottawa police involved was closer to four hours, which is considered "quick," said Harding.

Harding said Russell's employment with The Ottawa Hospital ended following his arrest. JOE LOFARO/METRO

Ada's closes for scrubdown, facelift

Greasy spoon. New owner says there was too much work to be done to get beloved diner up to scratch

DENIS ARMSTRONG
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For the first time in 21 years, it isn't Ada greeting hungry patrons at the front door.

Since last weekend, the Centretown eatery's front window has had a letter from its new owner, Ion Aimers, explaining that Ada's Diner is closed until further notice.

Aimers said he was forced to close the diner last week after he realized its greasy but undeniable charm hid a litany of sins, requiring more extensive maintenance than he originally planned.

It was then that Aimers, the brains behind The Works hamburger chain and Za-Za-Za Pizza, decided to fast-track plans to upgrade the neighbourhood diner's plumbing, décor, kitchen and bathrooms and give it a major cleaning.

"After 21 years, the place needed more cleaning and polishing than I originally imagined," said Aimers on Sunday. "I didn't intend to do it so soon but the building required attention before the winter."

When the restaurant reopens Dec. 15, Aimers hopes regular customers will appreciate the makeover, the addition of a new chef and upgrades like microbrewery beers, an expanded wine list and — beginning in the new year — dinner service three nights a week.

Previously, Ada's was only open for breakfast and lunch from 7 a.m. to 2 p.m.

Culinary overhaul

"The neighbourhood is changing and I want to tweak the menu for urban diners with more creativity and a little less grease."

Ion Aimers, owner of Ada's Diner

Passersby peer into the windows of Ada's Diner. The eatery is closed for a deep cleaning, as explained by a posted letter, inset. DENIS ARMSTRONG/FOR METRO

Local wins song award

Ottawa singer and songwriter Leila Goldberger is this year's recipient of the Ontario Arts Council's Colleen Peterson Songwriting Award.

An accomplished visual artist, Goldberger's winning song Sisters was a wedding gift for her sibling. She is currently writing new songs for her debut album.

In addition to the award, which promotes the work of emerging Ontario-based roots, country and folk singer-songwriters, Goldberger receives $1,000 cash.

"Leila Goldberger was the clear winner; her song's excellence stood out throughout the competition," said the jurors in a statement issued by the Arts Council.

This year's jury consisted of Kevin Chief of Ottawa, Tom McInerney from London and Lori Yates of Hamilton.

The Colleen Peterson Songwriting Fund was established in 2003 to honour Colleen Peterson's contribution to Canadian folk and country music.

DENIS ARMSTRONG/FOR METRO

Leila Goldberger CONTRIBUTED

Gatineau

Man charged with stalking girl

Gatineau police have arrested a 24-year-old man and charged him with stalking a 12-year-old girl.

They were called to a residential area by a citizen on Oct. 17 and arrested the man. Police applauded the parents for alerting neighbours prior to the arrest and telling them about odd behaviour their daughter had complained about. METRO

Expanded services

Flu vaccination easier this year

Officials from the City of Ottawa and the Ottawa-Carleton Pharmacists Association will launch the 2013 seasonal influenza vaccine campaign Monday, touting expanded and more convenient services.

The vaccine is available at most doctors' offices and walk-in clinics, at more than 130 local pharmacies and at OPH community clinics. METRO

Correction

Name misspelled on Oct. 18-20 Health Day story

A story about Ottawa Health Day in the Oct. 18-20 weekend edition of Metro incorrectly identified the student who came up with the idea for Oct. 17 to be proclaimed Ottawa Health Day.

The correct spelling of the student's name is Sarah Horton. METRO

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CN on best behaviour as it deals with derailment fallout: Experts

PR. Saturday's disaster in Gainford, Alta., was the company's third derailment involving hazardous goods in recent weeks

Emergency crews work at the scene of a train derailment near Gainford, Alta., on Sunday. JASON FRANSON/THE CANADIAN PRESS

CN Rail's strong and swift response to the derailment of a fuel-laden train in Alberta shows how anxious the company is to quell safety concerns as more dangerous goods travel by rail, experts said Sunday.

The railway company dispatched its top brass, led by chief operating officer Jim Vena, to handle the crisis after 13 cars carrying crude oil and liquefied petroleum gas came off the tracks and caught fire early Saturday in Gainford, west of Edmonton.

Within less than 24 hours, the company had publicly apologized for the disruption, while stressing the vast majority of its cargo arrives safely without incident.

"They have their COO out there, they've apologized, they're keeping everybody informed — that's all really good stuff," said Michael Davis, managing director of the Vancouver consulting firm Reputations.

"The reason is they're terrified they're going to pop up ... above the radar and all of a sudden they're going to start getting all this public pressure on the amount of oil products and petroleum products that are being shipped by rail."

CN's efforts may not be enough to counteract mounting safety concerns over hauling dangerous goods by rail, however, Davis said, pointing to last summer's disaster in Quebec involving another rail company.

"They have popped up onto the public radar because of Lac-Mégantic and then the other derailments over the last little while ... and I think they're going to run into the same kind of ferocious opposition as pipelines are getting," he said.

No one was hurt in Saturday's derailment, but several cars leaked gas and burst into a giant fireball and roughly 100 residents were forced from their homes.

The incident came amid reports that CN is looking into shipping Alberta bitumen to Prince Rupert, B.C., in quantities matching the controversial North Gateway pipeline.

The company has denied the reports but said it would consider any such project as it comes up.

There has also been a heated debate over shipping oil by rail since a train careened into Lac-Mégantic in July, levelling much of the community and claiming an estimated 47 lives.

The way the rail company's parent company handled the Quebec disaster was widely criticized.

Ed Burkhardt, the president of Chicago-based Rail World, didn't arrive in Lac-Mégantic until four days after the disaster occurred. His apology to residents was greeted with jeers and insults. Many also raised eyebrows because in the hours before he arrived he cracked some jokes about the angry response he was likely to receive.

In Gainford, Vena made a public apology to the residents who were forced from their homes, expressing regret for the inconvenience the incident caused.

CN Rail public-affairs and media-relations officials were both on the scene and working the phones trying to present the rail line's safety record in the best possible light.

The contrast between the two railway companies' responses is staggering, said Kenneth Wong, a marketing expert at Queen's University.

"In Lac-Mégantic, there was no indication of contrition and certainly no sense of compassion that was demonstrated despite the fact that it was a massive disaster," he said.

THE CANADIAN PRESS

Quoted

"We see a business here that is really pulling out all the stops to defend its brand."

Kenneth Wong, a marketing expert at Queen's University, on CN Rail.

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New Brunswick

Shale-gas project opponents gather at First Nation

Hundreds of people gathered at a community hall in New Brunswick on Sunday to discuss their opposition of the development of a shale-gas sector in the province as their protest garnered support from a Manitoba grand chief.

Elsipogtog Chief Arren Sock said the meeting at New Brunswick's Elsipogtog First Nation was a chance for people in his community to tell their stories.

Chief Derek Nepinak said the assembly chiefs in Manitoba sent him to New Brunswick to stand in solidarity with the community and protesters. He said he would stay as long as he was needed.

THE CANADIAN PRES

Saskatoon

Hunters accidentally burned by police pepper spray

Saskatoon police are reviewing their training procedures with a type of pepper spray after several hunters were injured by the noxious gas during an exercise for officers outside the city.

The accident occurred Thursday when up to 10 civilians came into contact with OC Spray — causing what one described as "horrible burning" — at a firing range.

A witness blamed a shift in wind direction for pushing the spray toward the hunters.

"It just kind of wafted in from the wind, and right away everyone just started hacking and gagging," one of the hunters said.

METRO IN SASKATOON

Politics

Four ridings up for grabs in November byelections

The battle for opposition supremacy is on after Prime Minister Stephen Harper set Nov. 25 as the date for four federal byelections.

Harper called the byelections on Sunday for Toronto Centre, the Montreal riding of Bourassa, and the Manitoba ridings of Provencher and Brandon-Souris.

Toronto Centre and Bourassa are longtime Liberal strongholds, left vacant after the resignations of former interim leader Bob Rae and veteran MP Denis Coderre respectively. However, New Democrats are making a concerted effort to snatch the two ridings away.

THE CANADIAN PRESS

Source on Syrian war data biased: Opponents

Controversial. Rami Abdurrahman sees competing allegations of bias as evidence that he's fair

He's practically a one-man band, but Rami Abdurrahman's influence extends far beyond his small home in Coventry, England.

The 42-year-old operates the Syrian Observatory for Human Rights from his house and a review of recent media coverage suggests its tally of killings and clashes is the most frequently cited source for news organizations.

Abdurrahman says the Observatory relies on four unnamed activists in Syria and a network of monitors.

But some say his figures need scrutiny. Opponents say he is in cahoots with opposition forces bankrolled by Gulf Arab states, skewing casualty figures to keep the spotlight off rebel atrocities. Others say he's in league with the Syrian regime.

THE ASSOCIATED PRESS

Fishy?

Suspicion surrounds self-exiled Syrian Rami Abdurrahman. Who's behind him? Who is he? Should world media rely on his reporting?

- "Something is going on which is quite fishy," said As'ad AbuKhalil, professor, California State.

Rami Abdurrahman at his modest home in Coventry, England, from where his Syrian Observatory for Human Rights keeps a controversial tally of killings and clashes in the Syrian war. RAPHAEL SATTER/THE ASSOCIATED PRESS

385 killed in October

Violence on the rise in Iraq

A suicide bomber slammed his explosive-laden car Sunday night into a busy café in Iraq's capital, part of a day of violence across the country that killed 45 people, authorities said. The bombing at the café in Baghdad's primarily Shiite Amil neighbourhood happened as it was full of customers. The café and a nearby juice shop is a favourite hang out for young people, who filled the area at the time of the explosions.

The blast killed 35 people and wounded 45, Iraqi officials said.

Violence has been on the rise in Iraq following a crackdown by security forces on a Sunni protest camp in the town of Hawijah in April. THE ASSOCIATED PRESS

Morsi supporters

Tensions flare up again in Egypt

Egyptian anti-riot police fired tear gas Sunday at hundreds of supporters of the country's ousted Islamist president, besieging them inside a prestigious Muslim institution after stone-hurling protesters cut off a main road.

Sunday's clashes marked the second day of unrest at Al-Azhar University, Sunni Islam's most prominent centre of learning.

Many supporters of ousted president Mohammed Morsi's Muslim Brotherhood are students at Al-Azhar, a stronghold of the group. The campus is also near where Islamists had a sprawling protest camp that security forces raided in August, leaving hundreds dead.

THE ASSOCIATED PRESS

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Argentina's agro-boom — is it poisoning its people?

Agrochemicals. Pesticides may be the cause of health problems — from cancer to birth defects — in the country's vast farm belt

Argentine farm worker Fabian Tomasi wasn't trained to use protection as he pumped pesticides into crop dusters. Now, at 47, he's a living skeleton.

Schoolteacher Andrea Druetta lives in a town where it's illegal to spray agrochemicals within 500 metres of homes, yet soy is planted just 30 metres from her back door. Recently, her boys were showered in chemicals while swimming in their backyard pool.

Sofia Gatica's search for answers after losing her newborn to kidney failure led to Argentina's first criminal convictions for illegal spraying last year. But 80 per cent of her neighbours' children surveyed carry pesticides in their blood.

American biotechnology has turned Argentina into the world's third-largest soy producer, but the chemicals powering the boom aren't confined to soy, cotton and corn fields. The Associated Press documented dozens of cases where these poisons are used in ways specifically banned by existing law.

Now doctors are warning that uncontrolled pesticide use could be the cause of growing health problems among the 12 million people who live in Argentina's vast farm belt.

"The change in how agriculture is produced has brought, frankly, a change in the profile of diseases," says Dr. Medardo Avila Vazquez. "We've gone from a pretty healthy population to one with a high rate of cancer, birth defects and illnesses seldom seen before."

Once known for its grass-fed beef, Argentina has undergone a transformation since 1996, when the U.S.-based Monsanto Company marketed a new model of higher crop yields and fewer pesticides through its patented seeds and chemicals.

In response to soaring complaints, President Cristina Fernandez ordered a commission in 2009 to study the impact of agrochemical spraying on health. Its initial report called for "systematic controls over concentrations of herbicides and their compounds."

Hospital records show birth defects quadrupled in the province of Chaco in the decade after genetically modified crops were approved. A medical team then surveyed 2,051 people in six towns, finding more disease wherever people are surrounded by farms.

In the farming village of Avia Terai, 31 per cent said a family member had cancer, compared with three per cent in the ranching village of Charadai. They also documented children with malformed skulls, exposed spinal cords and strange skin problems.

It may be impossible to prove a specific chemical caused an individual's illness. But doctors are calling for broader, longer-term and more independent research, saying governments should make the industry prove that the accumulated agricultural burden isn't making people sick.

THE ASSOCIATED PRESS

Two-year-old Camila Veron, born with multiple organ problems and severely disabled, stands outside her home in Avia Terai, Argentina, on March 31. It's nearly impossible to prove that exposure to a specific chemical caused an individual's cancer or birth defect, but doctors say these cases merit a rigorous government investigation.

ALL PHOTOS NATACHA PISARENKO/THE ASSOCIATED PRESS

Five-year-old Aixa Cano, who has hairy moles all over her body that doctors can't explain, sits outside her home in Avia Terai, Argentina.

Former farm worker Fabian Tomasi shows the condition of his emaciated body as he stands inside his home in Basavilbaso, Argentina. Tomasi's job was to keep crop dusters flying by quickly filling their tanks, but he says he was never trained to handle pesticides.

Spraying laws vary

23

Some of Argentina's 23 provinces ban spraying within three kilometres of populated areas; others say farmers can spray as close as 50 metres. About one-third set no limits, and rule-breakers are very rarely punished.

Chemicals in class

11

Teachers in Entre Rios began to file police complaints this year. They said sprayers failed to respect 50-metre limits at 18 schools, dousing 11 during class.

Cancer rates

4

In Santa Fe province, the heart of Argentina's soy industry, cancer rates are up to four times higher than the national average.

Birth defects

4

In Chaco, the nation's poorest province, children became four times more likely to be born with devastating birth defects in the decade since biotechnology dramatically expanded industrial agriculture.

Bolivian coca-eradication squad ambushed, 2 dead

Soldiers stand around the coffin of Bolivian soldier Oscar Gironda during a wake at the military barracks in La Paz, Bolivia, Sunday. JUAN KARITA/THE ASSOCIATED PRESS

A police officer Sunday became the second member of a government eradication squad to die of gunshot wounds from an ambush by coca growers, who authorities said were holding eight squad members hostage.

Ten more members of the joint military-police team suffered gunshot wounds and 10 were injured by blows in Saturday's attack in a rural area of the remote municipality of Apolo, about 145 kilometres north of La Paz, Interior Minister Carlos Romero said.

It was the first fatal attack on a coca-eradication team since Evo Morales, a coca-growers union leader, was first elected president nearly eight years ago.

A bullet perforated the stomach and pancreas of the police officer who died Sunday, the Interior Ministry said in a statement. It said an army lieutenant who died Saturday suffered a gunshot wound that pierced a lung.

A local coca-grower leader, Gregario Cari, told The Associated Press by phone that security forces had attacked with tear gas and gunshots. Cari said the growers were only trying to protect their crops.

"I have information that the comrades were provoked," Cari said. He said the growers took hostages for their own security and were seeking dialogue to prevent "confrontation."

Bolivia's government considers two-thirds of its coca crop to be legal. But it dispatches teams to eradicate unapproved coca fields, and the official in charge of the effort, Felipe Caceres, said more than 90 square kilometres have been destroyed so far this year.

U.S. officials say tons of Bolivian coca leaves are being processed into cocaine, whose main destination is Brazil, Argentina and Europe.

Morales expelled the U.S. Drug Enforcement Administration in 2008, accusing it of inciting political opposition.

The U.S. says the result has been a rise in trafficking and related violence in Bolivia that is fuelled by official corruption. Effective this month, it halted all counter-narcotics aid to Bolivia. THE ASSOCIATED PRESS

Green entertainment

Matt Damon wins eco award

Matt Damon accepted the Ongoing Commitment award from the Environmental Media Association Saturday. The organization channels celebrity and media to promote sustainability and ecological awareness. THE ASSOCIATED PRESS

Matt Damon starred in fracking drama Promised Land. FOCUS FEATURES

Better at math, hopefully

Bank of Canada report card fails economists on writing skills

An internal report card says the Bank of Canada's economists don't write too good.

"Economists' writing skills were identified by many as an area for improvement," says an audit ordered by the bank.

"This includes difficulties being succinct, grammatically correct and prioritizing the data into useful information."

Auditors examined an elite group of bank economists, most of them with graduate degrees, who regularly dissect the current state of the Canadian and international economies. Their advice is used to set Canada's monetary policy.

The workload of the group has grown tremendously since the global meltdown of 2008, the audit notes.

Ad-hoc demands for quick analysis, which now takes up to half the time of these economists, also appear to have created a paper jam as managers must then edit the below-standard English or French. THE CANADIAN PRESS

Economics, by its very nature, is a discipline dense in jargon. METRO

Customers decide how to spend $80M of H&M's charity money

Corporate responsibility. Fast fashion giant H&M lets customers decide philanthropy with new crowd-sourcing campaign

ELISABETH BRAW
Metro World News in London

Why give money to good causes if your customers don't know about it? Global corporations are discovering how to get customers involved with philanthropy through crowdsourcing.

H&M will announce today an online poll that lets customers decide where the fashion chain's philanthropic arm should spend SEK 500 million (about $80 million).

"We felt that it was important to know what people consider vital," explains Helena Thybell, global manager for H&M Conscious Foundation. "And it's a good way of creating engagement: what are people passionate about? There are lots of people around the world who really care and are concerned about the future of the planet."

Other consumer product giants such as Ford and Pepsi have already tried crowdsourced philanthropy.

"It accomplishes the company's goal of making their customers aware of their CSR (corporate social responsibility)," notes Mari Kuraishi, co-founder and president of globalgiving.org, which connects ordinary people with good causes that suit their taste.

"We think this is a great way to empower our staff and customers," H&M CEO Karl-Johan Persson tells Metro.

"Their votes will have a real impact as they determine what the H&M Conscious Foundation should focus on (in) the coming years."

But while online voting involving your favourite merchant might be fun, how much good will the resulting projects do? The fear is that corporate philanthropic crowdsourcing amounts to window-dressing — a nice publicity stunt that yields little for the recipients.

In some cases it may, says Kuraishi, but it also gets philanthropy and CSR on consumers' agendas: "If consumers are involved, they'll talk about it with their friends. By contrast, you wouldn't dig up a company's CSR report and talk about it with your friends at the pub."

MODEL JENNIE RUNK IN AN H&M SWIMSUIT AD

Global giving

H&M's new crowd-sourced philanthropy campaign means you can shop and do good at the same time.

- **Pick your passion**
  There are five options to choose from, ranging from clean water to women's empowerment. The top three picks will be funded by H&M for a multi-year engagement.
- **Expert input**
  A panel of experts, including Catholic Archbishop Desmond Tutu, narrowed down the shortlist of beneficiaries.
- **Online ballots**
  Customers can vote at makeadifference.hm.com.

Karl-Johan Persson, CEO of Swedish fashion retailer H&M, right, says his company's crowd-sourced charity campaign will empower customers to help change the world. MARC FEMENIA/TT NEWS AGENCY/THE ASSOCIATED PRESS

Health-care law talk from the horse's mouth

The new online health-insurance markets, the portals to coverage for most of the nation's nearly 50 million uninsured people, have gotten off to a rocky start since their Oct. 1 launch. The law was also central to the budget fight that led to a 16-day partial government shutdown.

Politicians had these comments on the Sunday talk shows about the state of U.S. President Barack Obama's health-care law.

THE ASSOCIATED PRESS

"We're going to do everything we can in the future to try to repeal it. But that requires a Republican Senate and a different president."

Senate Republican leader Mitch McConnell of Kentucky

"I think the best way to repeal Obamacare is to have an alternative. We never hear the alternative."

Former Republican Gov. Jeb Bush of Florida

"This has to be fixed, but what doesn't have to be fixed is the fact that tens of millions more people will have access to affordable, quality health care."

House Democratic leader Nancy Pelosi of California

"There is no perfect law. As I said before, the only perfect law was brought down on clay tablets by Senator Moses off a mountain."

Democratic Senator Dick Durbin of Illinois

"It's been a fiasco. Send Air Force One out to Silicon Valley, load it up with some smart people, bring them back to Washington and fix this problem."

Republican Senator John McCain of Arizona

IT'S NOT A LAG, IT'S CUSTOMER EXPERIENCE

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

Have you ever noticed one of those No Loitering signs affixed to a bus shelter and wondered exactly what else you're supposed to do? Isn't the exact purpose of a bus stop killing time until your bus arrives?

Maybe we're missing the big picture. From OC Transpo's perspective, after all, you're not waiting for your bus so much as having a "customer experience."

That phrase was ever on the tongues of Transpo officials during last week's transit commission meeting, whether discussing complaints about Presto or the interior decor choices for the LRT cars.

"I'm happy to report that the working group has selected a blue seat fabric with a square pattern," announced GM John Manconi. "The decision is consistent with the current OC Transpo vehicle environment and ensures a seamless transition and customer experience between bus, O-Train and the Confederation Line."

As for Presto, it's not just a card but, as Manconi described it, "a transformation of how we interact with our customers."

So far, Transpo considers the transformation successful, with 176,000 cards in circulation, and 69 per cent of them actually in use, but some devilish details persist.

That lag of up to 48 hours for online payments to process is causing hassles for monthly pass users, who can find themselves in a monthly limbo between paying for their pass and being able to use it.

Drivers were previously fairly free to cut pass-holders a break on the first of the month, but the little green Presto units are considerably less forgiving with their binary verdicts — either the green screen or the red screen.

Still, they're working on shortening the transaction-processing time, and, as Manconi pointed out, "when you roll out a system like this and you transform how you do business with your customers, you need to think of that customer experience from beginning to end."

Of the Presto customer experiences on offer, the automatic pass renewal and e-purse reload features don't seem to be getting much traction with customers, even though in theory they patch that payment lag problem by deducting the money five days in advance.

So far only 4.7 per cent of users have opted for the automatic top-ups, but after Presto's numerous technical growing pains, is it any wonder people may not feel comfortable hooking their bank account to the system? This reluctance could well be chalked up to past customer experience.

Still, Manconi hopes to sell automatic debiting to more riders, in part as a way to avoid all necessity of contact with Transpo: "If you have your monthly pass and auto-reload, and you have some spare e-purse on your card, you never have to see us or talk to us ever again."

Curiously, though, customers still seem keen on dealing with actual humans, and the monthly pass-renewal lineups at the Rideau Centre and other sales offices persist, despite Presto's proffered fixes.

The Rideau queues will have to relocate at the end of this month as the kiosk gets squeezed out by Nordstrom and banished to a quieter corner near the pedestrian walkway above Rideau Street.

New customer experiences will include bracing hikes across the mall for Transitway passengers.

ZOOM

Nelson Mandela larger than life

GETTY IMAGES

Spray paint artist captures a leader

Street artist Victor Landeta spray paints a portrait of former South African leader and human-rights activist Nelson Mandela on a sliver of the former Berlin Wall on Saturday in Kleinmachnow, Germany. Ailing Mandela recently spent three months in a hospital and is now receiving treatment at home. GETTY IMAGES

Wise words

"There is no passion to be found playing small — in settling for a life that is less than the one you are capable of living." Nelson Mandela

Former German chancellor Willy Brandt on a sliver of the former Berlin Wall. He received a Nobel Peace Prize for attempting to warm relations between West Germany and countries in the Soviet Bloc. GETTY IMAGES

Clickbait

ANDREW FIFIELD
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Bandcamp is an online music store that allows users to buy directly from the artist at prices that tend to be beautifully affordable. Cool, right? But wait! It gets better. You can preview albums in their entirety before purchasing anything, making it the perfect mixture for supporting Canadian talent like this.

CONTRIBUTED

No Babies:
The debut (I assume) album from this Dartmouth group is pure sugary bliss from the opening seconds. It's a heady mix of electro-pop and beachy guitar jams. The only complaint I have is that it wasn't released in June. (thenobabies.bandcamp.com)

Viet Cong:
A supergroup of sorts, made up of veteran Calgary musicians who have mastered the sort of stark post-punk that seems more at home in Manchester than anywhere in Alberta. Fans of the dearly missed Woman, once one of the country's most promising young bands, will find both familiar sounds and familiar members here. (vietcong.bandcamp.com)

Hooded Fang:
Good old fashioned garage rock, delivered with crashes and bangs. If that sounds like your kind of thing, and it should, give their latest album, Gravez, a spin. There's literally nothing to not like in there. (dapsrecords.bandcamp.com)

Twitter

@metropicks asked: One MP will introduce a private member's bill to protect unpaid workers. What's the best solution?

@TheGr8tstManEvr: Elect Justin Trudeau to a majority.

@KMouse66: Fine the employers for exploiting slave Labour.

@wgb75: Dont take non paying jobs in first place.

@1puttB: 2013 and we still have slavery?

@Dennis2ride: deny workplaces from using interns.

@cndougherty: definitions will be critical - how will this impact the Canadians who volunteer?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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London, England

Depp salutes horror-film star Christopher Lee

Johnny Depp has made a surprise appearance at the London Film Festival to give a career honour to horror icon Christopher Lee.

Depp called Lee "a national treasure" and "a genuine artist" as he presented the 91-year-old actor with a British Film Institute Fellowship on Saturday.

He said it had been "a childhood dream come true" to work with Lee. The two actors appeared together in Tim Burton's Sleepy Hollow, Dark Shadows and Charlie and the Chocolate Factory. THE ASSOCIATED PRESS

Christopher Lee and Johnny Depp
INVISION FOR BFI/THE ASSOCIATED PRESS

Movie rankings

Gravity's box office shows no signs of returning to Earth

Topping the box office for the third straight week, the space adventure Gravity continues to be the box-office juggernaut of the fall. The film, starring Sandra Bullock, earned $31 million US over the weekend, according to studio estimates Sunday. The Warner Bros. film has now made more than $170 million US in three weeks. Tom Hanks' Somali pirate docudrama Captain Phillips held in second place at the box office. THE ASSOCIATED PRESS

From left, Clark Gregg, Brett Dalton and Chloe Bennet in a scene from Marvel's Agents of S.H.I.E.L.D. JUSTIN LUBIN/ABC/THE ASSOCIATED PRESS

Agent Coulson, man of steel (and milquetoast)

Television. Actor Clark Gregg's geeky alter ego proves both bad-ass and boyish as the star of Agents of S.H.I.E.L.D.

Like the character he plays, Clark Gregg has worked his way up the career ladder.

Five years ago, he played Agent Phil Coulson for the first time as a small role in the Robert Downey Jr. romp Iron Man.

Now, after gaining an ever-higher profile as Coulson in subsequent projects, including last year's mega-hit The Avengers, Gregg has broken out as the star of Marvel's Agents of S.H.I.E.L.D., the new acronymic sci-fi thriller airing on CTV which finds Coulson leading a hand-picked band of agents on their extra-special missions.

Gregg's own mission: to savour his spot as No. 1 on the Marvel's Agents call sheet after years of diverse, solid and often acclaimed work that, nonetheless, fell short of making him a household name.

Gregg, 51, has earned his new prominence. As Coulson, he projects a mild demeanour (except when he doesn't) and a boyish smile (except when he takes dead-aim with his weapon or busts a bad guy in the chops). He's a tangy blend of milquetoast and steel.

And he looks good, though not too good, in his habitual company-man business suit.

"Coulson never takes his suit off," said executive producer Maurissa Tancharoen, speaking from Los Angeles, "whether he's on the beach, in the jungle ..."

"But at the risk of spoilers," stepped in fellow exec producer Jed Whedon, "you will see him in a future episode — sans tie!"

Agent Coulson is also a master of the dry quip, courtesy of Gregg. "No matter what the line, Clark always makes it sound so classy and cool," said Tancharoen.

"The show doesn't take itself too seriously," Gregg notes gratefully during a recent chat in New York, "except in the moments when it needs to. The rest of the time it has a real sense of humour. 'I'm going to Taser you and watch Supernanny while you drool into the carpet': That's just not the kind of line I've gotten playing an agent in something else," like, for instance, The West Wing, where he had a recurring role as, yes, an FBI special agent.
THE ASSOCIATED PRESS

When super-agents take selfies

"Coulson loves his job. He's jaded; he's seen too much, but he can really geek out. You could imagine him doing selfies with crazy alien corpses! I'm making that up, but he's WAY into what he does."

Actor Clark Gregg, who stars as Agent Phil Coulson on Marvel's Agents of S.H.I.E.L.D.

Celeb offspring. Duhamel says his son's no crybaby

Proud papa Josh Duhamel has no problem bragging about his well-behaved baby. The 40-year-old actor and his wife, Fergie of the Black Eyed Peas, welcomed their first child, Axl Jack, on Aug. 29.

"What's surprised me the most is how well behaved he is. I was expecting a crying baby all the time and he's been really mild-mannered," Duhamel said.

But he's aware of what could be in store if the couple ever decides to expand the brood. "I think somehow biology, the universe, whatever, you know, gives you like a pleasant baby first so that you have another one, procreate, and then the next one's a holy terror and then you really realize what being a new parent is all about," joked Duhamel.
THE ASSOCIATED PRESS

Desperate Housewives

Sheridan's case against ABC nixed

A judge has dismissed actress Nicollette Sheridan's long-running lawsuit against ABC over her firing from the hit series Desperate Housewives. He ruled the case couldn't proceed because the actress should have exhausted her claims to a labour commissioner before pursuing a trial.
THE ASSOCIATED PRESS

Tour cancelled. Mahone is being treated for blood clot

Teen singer Austin Mahone has postponed his tour and is being treated for a blood clot in his throat. A representative for the 17-year-old said in a statement that Mahone was admitted to the hospital Thursday with a 40 C temperature. The rep adds that he's dealing with "extreme inflammation in his throat as well as severe dehydration."
THE ASSOCIATED PRESS

Austin Mahone performs in New York on Oct. 11. INVISION/THE ASSOCIATED PRESS

Television

Andy Samberg in a scene from Brooklyn Nine-Nine. CONTRIBUTED

New Girl, Brooklyn Nine-Nine to air after Super Bowl

Fox says the plum post-Super Bowl slot next February will be filled by two of its comedies. New Girl and freshman series Brooklyn Nine-Nine will air on Fox after the game that's typically TV's most-watched program and a big promotional platform for other network fare.

Fox gave Brooklyn Nine-Nine another vote of confidence Friday, announcing it's ordering nine more episodes for a full season of 22 episodes. The Tuesday night sitcom stars Andy Samberg as a footloose police detective and Andre Braugher as his precinct captain. THE ASSOCIATED PRESS

Low ratings

NBC pulls plug on Ironside, Welcome to the Family

NBC says it's cancelling two freshman shows, Ironside and Welcome to the Family. Ironside, starring Blair Underwood in an updated version of the Raymond Burr police drama, will air its final episode on Wednesday. Burr's Ironside aired from 1967 to '75, but low ratings will keep the new series to a total of four episodes. THE ASSOCIATED PRESS

Blair Underwood starred in the series Ironside. CONTRIBUTED

20 years on, TLC biopic charts turmoil and tragedy

Blast from the past. When VH1 realized how much the trio resonated with its audience, it set out to tell their tale

In this 1995 photo, the band TLC, from left, Rozanda "Chilli" Thomas, Tionne "T-Boz" Watkins and Lisa "Left Eye" Lopes, pose outside New York's Radio City Music Hall before the start of the 12th Annual MTV Video Music Awards. The Grammy-winning trio's rise to fame is chronicled on CrazySexyCool: The TLC Story. THE ASSOCIATED PRESS FILE

For Rozanda "Chilli" Thomas and Tionne "T-Boz" Watkins, there were several uncomfortable moments watching actresses portray them in a new TLC biopic.

But it was especially strange to watch Lil Mama, who played the role of the late Lisa "Left Eye" Lopes — the third member of the Grammy-winning R&B group who died in a car crash in Honduras in 2002.

"She totally came into character," Chilli said of Lil Mama, who wore contacts to mimic Left Eye's distinctively large, dark pupils. "It was kind of scary. The resemblance was just crazy at times. Naturally, she kind of had some of the similar characteristics like Lisa. It was kind of eerie at times for us."

Alongside Lil Mama, Keke Palmer stars as Chilli and Drew Sidora as T-Boz in the film, CrazySexyCool: The TLC Story, which premieres Monday on VH1. The two-hour movie chronicles the trio's rise to fame, their drama-filled love lives — famously including Left Eye burning down the house of lover and former NFL player Andre Rison — group spats and financial struggles, despite two multiplatinum albums.

"You never know how you look to someone else until you see for yourself," T-Boz said. "It was weird. It was very weird seeing my haircut on Drew. ... To see them do our dance moves really took us back."

This is VH1's first biopic in nearly 10 years since Michael Jackson's Man In the Mirror: The Michael Jackson Story in 2004.

"When we looked at all the artists that would resonate with our audience, TLC was, like, on top of the list," said Jill Holmes, the network's senior vice-president of West Coast production and development.

A Behind the Music on the group and The Last Days of Left Eye were both highly rated. "Our audience came of age listening to TLC and our young viewers grew up listening to their songs. So it seemed like a perfect fit."

TLC debuted more than 20 years ago and became one of the bestselling female groups of all time. They addressed serious topics such as the dangers of AIDS in Waterfalls and the unrealistic expectations of beauty in Unpretty and had No. 1 smashes with No Scrubs and Creep, and their 1994 album, CrazySexyCool is diamond-certified.

Chilli hopes their movie can show how resilient TLC has been despite all the ups and downs. The two surviving members continue to move forward as a group, releasing their greatest hits album, 20, last week. THE ASSOCIATED PRESS

Tales from the Love Boat captain's table

Gavin MacLeod's new autobiography recounts childhood poverty and loss, alcohol abuse and a brush with suicide, but the man and the book emerge as determinedly upbeat.

Grateful is employed frequently in conversation as the affable MacLeod reflects on life, his born-again Christian faith and the long acting career that included the major TV hits Mary Tyler Moore and The Love Boat.

"That's a big word in my life," said MacLeod who, at 82, has endured two heart attacks yet still looks and sounds energetic enough to set sail. "I'm just so grateful I've had another day, another day, another day, and that my kids are doing so well."

This is Your Captain Speaking, with a cover photo of MacLeod as Capt. Merrill Stubing in his sparkling white Love Boat uniform and smile to match, is a candid look at his ups and downs in love and as an actor, including his unexpected jump from second banana to leading man.

This 1982 file photo shows Gavin MacLeod, centre, with Marilyn Michaels, left, and Debbie Reynolds as special guest stars on ABC's Love Boat. THE ASSOCIATED PRESS FILE

But he is almost invariably kind to the many stars he worked with over the years in film and TV, including Cary Grant and Robert Redford, and the parade of previous-generation performers who came aboard The Love Boat, including Helen Hayes, Ethel Merman and Cab Calloway.

"The big stars are the best. I pinched myself every single day" heading to work on Love Boat, MacLeod said, anticipating who would be on set "and the experiences we would have working together."

Then there's Bette Davis. She wasn't among those who boarded The Love Boat during its 1977 to '87 cruise, but MacLeod's social encounter with her provides a memorable anecdote.

A mutual friend asked MacLeod and his wife to invite Davis, then in her 70s, to dinner, because the star wanted to meet him. No effort or expense was spared (Davis' drink of choice, Chivas Regal, and caviar were served), but the grande dame proceeded to quarrel with guests, insult her hosts and then pour salt on the wound with an interview in which she called the evening a "disaster."

"She ripped us! I couldn't believe it," MacLeod says in the book (written with Mark Dagostino), which opens in a far different world.

The longtime spokesman for Princess Cruises said he considers his Hollywood acting career over and will appear only in Christian-themed projects such as the 2008 movie The Secrets of Jonathan Sperry.

"That's the only thing I want to do now. There's a great purpose to doing those films. Nothing else interests me," he said. THE ASSOCIATED PRESS

New autobiography

- This Is Your Captain Speaking: My Fantastic Voyage Through Hollywood, Faith & Life, is available for $16.82 from chapters.indigo.ca.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

What's wrong Charlie, you don't like money?

STARGAZING
Malene Arpe
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Possible reasons Charlie Hunnam left the production of 50 Shades Of Grey. A) He didn't want to end up in a Robert Pattinson-type situation, being forever known for one terrible role. B) He finally got around to reading the books. C) Creative differences. D) He hates money. E) His feelings were hurt when Britney Spears said she wanted James Franco to play Christian.

Martha Stewart said of Gwyneth Paltrow that she hopes she's "authentic" and that, "She wants to be a lifestyle arbiter — fine ... I think I started this whole category of lifestyle." Martha continued, "also, everything is mine and you can't have any. Neener-neener. Are your goats trained to make their own cinnamon-scented candles?"

Meg Ryan is returning to TV where, "she will play a sunny, devoted and non-confrontational mom who returns to a publishing house where she was once a brilliant editor." Don't tell me! Don't tell me! Her boss will be Tom Hanks and they will bicker and then they'll have polite sex. Did I get it right? Is there a prize?

Model Kat Torres says she's dating Leo DiCaprio and calls him "amazing." Leo's rep denies the two are or have ever been a couple and that, Kat, is how a non-disclosure contract works. Now you'll know for when you start dating Bradley Cooper.

Kristen Bell and Dax Shepard

Wedding Bell finally tolls for Kristen as she marries Dax in spontaneous style

After a very long engagement, Kristen Bell and Dax Shepard have reportedly tied the knot in an incredibly low-key and spontaneous ceremony, according to TMZ. "We just haven't gotten it together on a Saturday to get to the courthouse," Bell told E! News recently when asked about the delay. "It's just out of laziness that we haven't actually done it yet." Bell and Shepard did finally make it to the Beverly Hills City Clerk's Office this weekend, and though they planned to just get their marriage licence, sources say they ended up going ahead and taking the plunge. Bell and Shepard had been engaged for years but refused to wed until same-sex marriage was reinstated in California.

Gwyneth Paltrow

Vanity Fair smell an affair as they begin probing Paltrow's love life

The much-buzzed-about take-down of Gwyneth Paltrow that Vanity Fair is planning will reportedly detail a rumoured affair the Oscar-winning actress had with real estate developer Jeffery Soffer, according to Page Six. "Vanity Fair is asking if Gwyneth had an affair with Jeff back in 2008 when he reopened the Fontainebleau (hotel)," a source says. "He flew her in for the party, and she stayed at his house." Paltrow and husband Chris Martin will celebrate their 10th anniversary in December, and Soffer recently married Elle Macpherson. The source said the author of the article is also looking into Paltrow falling out with pal Madonna and her early-career casting couch experiences.

Colin Farrell. ALL IMAGES GETTY

Ex hellraiser Farrell recalls his crazy drug-filled days

Colin Farrell isn't afraid to discuss his hard-partying, pre-rehab past, explaining that when he'd finally sought treatment after filming Miami Vice, he felt like his body was dying. "I'd gotten out of control. For years I could indulge in certain things," Farrell says in a recent The Late Late Show interview. "I had quite a high tolerance for various drugs for years, I thought. It accumulated to the point where I couldn't put my foot on the brake anymore."

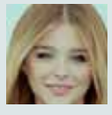
Zac Efron

Efron keeps it low key and all boys for birthday bash

Zac Efron celebrated his 26th birthday with a round of golf with his dad during the day and small shindig with friends — no girls allowed — at the Chateau Marmont, according to Us Weekly. The former High School Musical star, who completed a stint in rehab earlier this year for reported problems with cocaine and alcohol, was joined by Robert Pattinson, Joe Jonas and his That Awkward Moment co-star Michael B. Jordan for the festivities.

Twitter

@Josswhedon
"Friendzone" means any woman who doesn't have sex w/a guy is doing him an injustice. The term debases everyone. Can we retire it?



@ChloeGMoretz
Tomorrow! Japan!!

@oliviawilde
The fact that the valet guy just called me "sir" isn't as awesome as how long it took his buddy to convince him he was wrong.

Skin care

Pregnancy routine

Your growing body will experience new issues, including itchy skin and stretch marks. And certain ingredients, like your trusty retinol cream, are now off-limits.

Dermatologist Debra Jaliman, author of Skin Rules, lets you in on your new skin-care routine.

What are some skin issues for pregnant women?
One of the biggest issues for expectant mothers is melasma, when pregnant women get brown discolouration on their face. So it's very important to use a broad-spectrum SPF 30 sunscreen every day, rain or shine. Pregnant women are also often very itchy, so it's important to use mild cleansers when washing the skin and also to take short showers and avoid hot water.

How should pregnant women take care of their skin?
It's important to use a moisturizer when getting out of the shower and avoid vigorously towel drying. Instead, pat the skin dry gently.

Are there any products to avoid?

Pregnant women should avoid retinol. ISTOCK

Certain products should be avoided. These include retinol, salicylic acid, hydroquinone, kojic acid and benzoyl peroxide. METRO

Exclusively online

Are your kids ready to pop some hashtags? Find out with Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices. Hashtag your reasons on social media to #reasonsmommydrinks

All fun and games till your kid's schedule stresses everyone out

Extracurricular activities. Are hockey, soccer, tennis, swimming and piano lessons too much?

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

When I was a kid, like many of my friends I would race home after school so I could change and get outside to play. We used to run from door to door, calling on other kids to come out.

You know the word "play", right? Besides when it's referencing a video game? We would stop playing only for dinner and homework and the occasional episode of Get Smart or The Partridge Family.

Our time was, for the most part, totally unstructured, unless you consider being told to "be home when the streetlights go on" as structure.

I did also learn how to play badminton, squash, tennis, and took swimming and skating lessons. Most happened on the weekend, leaving our weekdays relatively free. Free, compared to the schedules of many kids today, including my own.

When all four of mine were engaged in sports, I needed a spreadsheet to keep track of it. My book Shut Up & Eat was mostly inspired by the fact that family meals became more about logistics than they did nutrition, and might have included consideration of what one can eat in a car on the way to the hockey arena.

Many parents are driving themselves and their vehicles to the brink all week as they ferry children from karate to guitar to skating to tournaments and extra practices and the dreaded of all time-suck activities — the "Rep" level team, be it hockey, soccer, swimming, etc.

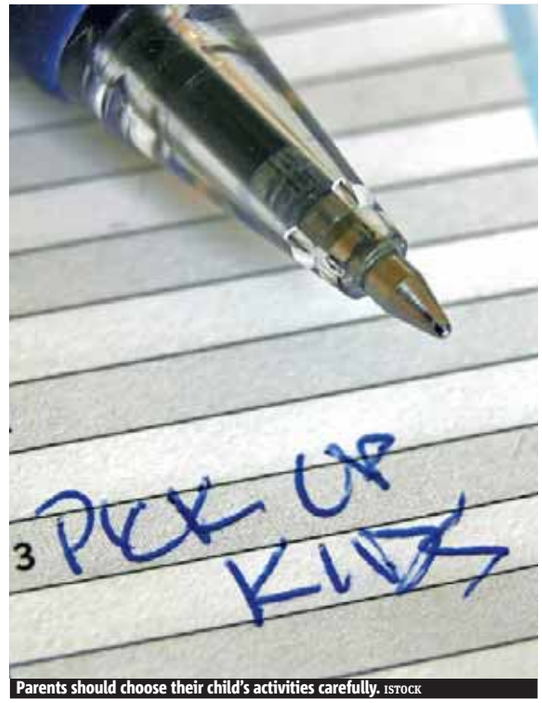
(I remember myself at age eight, and my sister at 10 taking the city bus by ourselves to swimming lessons. Shocking.)

There are many theories as to whether exposing our kids to this type of structure and (arguably) overscheduling is good for them.

On the positive side, they learn teamwork, commitment, engage in physical activity and/or cultural stimulation. Critics would say it's stressful for them and that they don't know how to amuse themselves for longer than it takes to wait for a brother's gymnastics lesson to end.

My advice? Pick and choose the way you spend their time, your time and your money when deciding on extracurriculars. Check your bank balance, your calendar and make sure it's something they want to pursue versus your own interest or those of their friends. Investigate responsibilities for fundraising, out of town tournaments and equipment costs before committing.

After all, in the words of William Shakespeare, "The play's the thing," isn't it?



Parents should choose their child's activities carefully. ISTOCK

Why you don't want to raise a candy girl

Dental surgery rates among preschoolers were the highest in Nunavut, the Northwest Territories and Saskatchewan. ISTOCK

For thousands of Canadian preschoolers, going to the dentist doesn't mean a visit to a clinic for a minor cavity, but going under general anesthesia for dental surgery in a hospital.

About 19,000 children aged one to five end up in hospital each year because they have multiple cavities and tooth decay so severe that it requires surgical treatment, says a report from the Canadian Institute for Health Information (CIHI), released Thursday.

In fact, about one-third of all day surgery operations for preschoolers — who still have their baby teeth — are done to perform substantial dental work.

"When you see the numbers, when you think 19,000 kids, you just really are taken aback," said Anne McFarlane, CIHI vice-president for Western Canada and developmental initiatives.

"And that's just the tip of the iceberg," McFarlane said from Victoria, noting that the figure doesn't capture children who are waiting for surgery or those who had their dental work done in a clinic.

Dental surgery rates among preschoolers were highest in Nunavut, the Northwest Territories and Saskatchewan, while Ontario, Alberta and B.C. had the lowest rates in the country.

McFarlane said a number of factors likely contribute to children who still have their baby teeth developing substantial decay: lack of fluoridation in water, ignorance of good dental hygiene practices and having limited access to dental care if living in a rural or remote community. THE CANADIAN PRESS

The early bird gets the excellent education

School search. Don't leave what could be a life-changing decision until the last minute

Stop dreaming of the higher learning hunt. Get off your chair and start seeking out your perfect school. ISTOCK

It may feel like the school year just started, but soon thousands of Canadian students will be turning their focus toward the next stage of their academic careers: applying to post-secondary school.

In 2012, there were 793,000 full-time and 234,000 part-time undergraduate students in Canada, according to the Association of Universities and Colleges of Canada.

"Grade 12 comes upon students very quickly — quicker than they realize," said George Granger, executive director of the Ontario Universities' Application Centre, whose organization worked with an affiliate group of the Council of Ontario Universities to organize the fair.

Granger, who previously served as a registrar and director of admissions, said selecting a university or college is "one of the most important choices" students will make at this point in their lives.

"It's right up there with careers and relationships and where you're going to live. For a lot of them, it's a challenging moment."

Granger shares tips on how students can best prepare for the application process and ways to whittle down their pool of choices to select their ideal school.

Start thinking of, and settling on, an area of study

While the largest group of students who will attend the fair are in Grade 12, Granger said pupils in younger grades can also start casting their mind to potential areas of study after high school.

"Those are the years where they're starting to fit themselves into the streaming of courses," Granger said of students in Grades 10 and 11.

"They're starting to become more aware of what they're good at, what they like to do, becoming more aware of where they'd like to take themselves in their career life in terms of work."

Offer a well-rounded resumé

While some programs rely entirely on academic standing to make admission decisions, others may factor supplementary information into the fold, Granger said.

For example, some fine arts programs require the submission of a portfolio, while others may demand a profile of a student that demonstrates well-roundedness, leadership experience and community involvement, he noted.

Granger said all students planning to pursue post-secondary studies should be mindful of extracurricular activities that will help balance them as individuals as well as potential applicants.

"Those experiences on the playing fields, in student government, in student clubs — those are all things that develop transferable skill sets that are going to be very important during the university experience, but also after graduation.

"Working as a member of a team, working in groups — there's a lot of emphasis on that in modern education."

Location and size matter

Granger said once students have assessed longer-term goals and ensured they have the appropriate prerequisites, another key step follows: selecting the school itself.

"For some students, it's a question of: 'Can I live at home and attend school or do I have to go away?' In some cases, the program that they're interested in is offered only at a few universities. And so, that means they'd have to make a commitment to go away and they'd have to come to terms with that."

In other cases, the program students are interested in may be more widely available —therefore altering the decision of whether to stay put or move away.

Granger said students with some degree of flexibility in their minds and a willingness to be mobile should be weighing whether they'd prefer to be at a larger school in a metropolitan area or if they'd feel more at ease on a smaller campus outside of the city.

"It's all linked to: 'What is the program I want? Where is it available? What's the reputation of that program?'" said Granger.

"For many students and parents, they want to be able to perceive vocational links or career tracks that might come from one program or another," he added. "Others recognize that the goal is to get a good strong liberal arts or science education and develop those critical thinking skills — research methodology, flexibility, those transferable skills. So that all goes into the mix."

THE CANADIAN PRESS

Check out the campus

As students narrow down their choices, Granger said an important component of the research and decision-making process is to pay a visit to the campus

- **"All of the universities offer tours, some of them on a daily basis, some of them on a scheduled basis.** All of them have special visit days in the fall and in the spring," Granger said.
- **If students and parents are unable to make the trek, virtual tours of the campus are also an alternative option, he noted.**

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Legends of the labour force

Back in my workday... Author of A Good Day's Work hopes to preserve memory of Canada's vanishing jobs

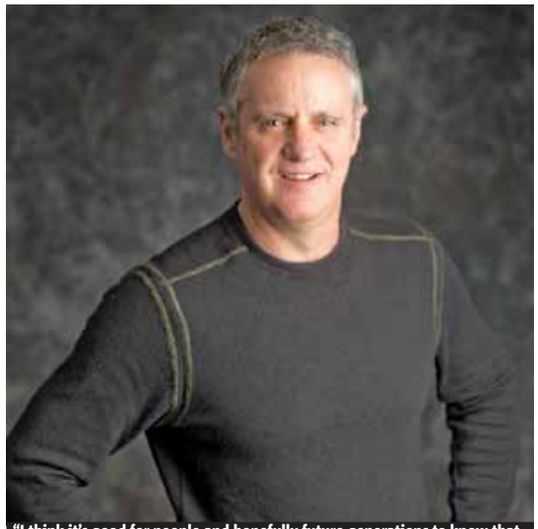
When John DeMont was completing his book about vanishing traditional jobs in this country — think lighthouse keeper or milkman — he found A Good Day's Work had become much more than just a discourse on how some Canadians bring home the bacon.

"It sort of morphed into this book about Canada, using the disappearing work as a jumping-off point to talk about different aspects of Canada and the different things that are going," says the Halifax-based journalist and author.

"Not just work," he says, but "the iconic Canada — close-knit communities and small towns and everybody knowing everybody and being interested in a positive way."

A Good Day's Work: In Pursuit of a Disappearing Canada (Doubleday Canada) seems a natural followup to his previous book, 2009's Coal Black Heart: The Story of Coal and the Lives it Ruled, a history of coal mining in Nova Scotia and the toll that disasters in the deeps took on colliers and their families.

Ancestors on both sides of his family were part of that history — one grandfather went down into the pit at age 11 to mine the black gold — but DeMont's father eschewed what had been the family business to work above-ground as a stockbroker.



"I think it's good for people and hopefully future generations to know that these people walked the Earth," says author John DeMont of the individuals profiled in his new book. THE CANADIAN PRESS

Cool careers

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them."

John DeMont
Author of A Good Day's Work

And as the author writes in the prologue of A Good Day's Work, growing up as a child in Halifax was an idyllic time for him — and for the country as a whole.

His reference year — 1967, when he was 11 — sees Canada celebrating its 100th birthday, with millions drawn from around the world to Expo 67 in Montreal, the Canadian economy at its post-war peak and the Toronto Maple Leafs winning their last Stanley Cup.

It was also a time when the milkman still delivered cows' bounty to many homeowners' doors, beef came from family-owned and family-worked farms, and parents and kids — and hormone-fuelled teens — piled into the station wagon on a summer's night to take in a drive-in movie.

It is that world that DeMont evokes in A Good Day's Work, or rather what is left of it, as he tracks down Canadians still engaged in time-honoured work, the kind of jobs that built this country but are perhaps soon to be but a memory.

While natural resources jobs — forestry and fishing, for example — might have seemed an obvious fit, DeMont chose to go beyond "guys in the woods" and look into a broad range of skills among people in different parts of the country.

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them," the 57-year-old explains during a recent visit to Toronto, one stop on a cross-country, multi-city book tour.

THE CANADIAN PRESS

Passé professions

A Good Day's Work profiles a variety of disappearing vocations

- Among them a blacksmith, a travelling salesman and engineers on Via Rail's flagship train the Canadian, which takes awe-struck passengers from Toronto to the lakes and forests of northern Ontario, across the prairies and through the Rockies to Canada's Pacific terminus, Vancouver.

'Round the world wisdom

Facing adversity? Be your words not your feelings

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

As individuals our word is our bond. It is a measures of our moral character and a mark of our integrity.

A number of people I met at speaking engagements where I presented my Gobi story announced they too wanted to run the desert. Over time, a large group was set to join me for the Sahara Race in 2011.

The majority of people who said they would and even signed up to run the Sahara never actually made it to the start line. Somehow life got in the way and their feelings championed over their word.

Research shows that our vocabulary has 309 known words to describe human emotions — two-thirds of which, astonishingly, are negative. Our brain fires negative emotions 10 times more frequently than it does positive ones. Do the math! Odds are that individuals will experience a negative reaction to 95 per cent of events that occur. What does this mean? Our heads are filled with reasons not to do things.

When you choose to follow through with your word as opposed to your feelings, your life is actively changed as a result. You can now be counted on to do what you said you would, and to do so with enthusiasm.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Caress Electrolysis offers the only method of permanent hair removal in a private, relaxing atmosphere with state-of-the-art equipment. Using a Zeiss microscope ensures comfortable treatments with faster results.

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Caress also offers thermocoagulation, a gentle, non-surgical procedure that eliminates or reduces a variety of anomalies, such as skin tags, facial capillaries, cherry angiomas, milia, keratosis and even unwanted piercings. In most cases, multiple anomalies can be treated during one session and many anomalies only require one treatment.

Caress offers free consultations, where a technician explains the procedure and answers any concerns. Judging by the many positive reviews on Caress's website, it's not surprising it is the most respected electrolysis clinic in Ottawa. As one testimonial reads: "Electrolysis has transformed my life. I was a little apprehensive about electrolysis but I am 100 per cent pleased with the results. The staff is professional, knowledgeable, incredibly efficient, pleasant and non-judgmental."

CONTRIBUTED

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RAINBOW FOODS COVERS ALL YOUR HEALTH NEEDS

Rainbow Foods is a full-service natural food store that offers so much more than just food and supplements.

The family-owned and operated business has been a staple in Ottawa's West end for 35 years, with the second generation of the family now involved in running the business that offers a complete range of healthy, alternative products in organic foods, protein powders, environmentally friendly cleaners, bulk foods, juicers, and fair-trade coffees.

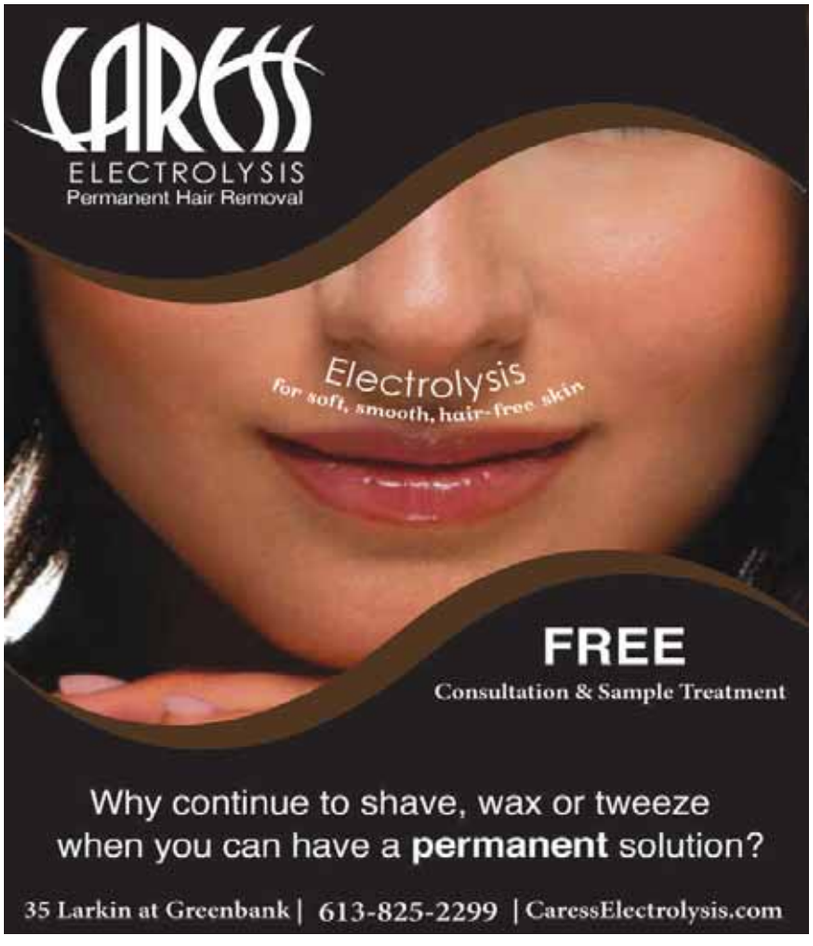
Whether you are vegetarian, vegan, lactose- or gluten-intolerant, a raw food enthusiast or just into eating well, Rainbow is the place to come.

The store offers special ingredients, ready-made foods and help and advice with dedicated staff for each department.

From finding your favourite natural beauty products to stocking up on all your vitamin needs, you never have to look far for help.

Choosing the right products can often be daunting, especially if you have recently discovered an allergy, but Rainbow's customer service desk is right at the front of the store to guide you so you can make informed decisions. You can even book a gluten-free tour of the store on weekends.

Visit Rainbow Foods in person at 1487 Richmond Rd., or on the web at rainbowfoods.ca.



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Sampling, information and more

LOOK YOUR BEST WITH SPA JUNKIE, HAIR JUNKIE

Find your beauty fix at sister stores Hair Junkie and Spa Junkie.

At the helm are business partners Louise Green and Fady Assaad, who take pleasure in providing clients with an amazing hair and esthetics experience.

"We both love what we do and come from the same place in our expertise and the way we treat our clients," Green says.

There is no shortage of passion and skill.

"When you look good, we look great," Assaad says.

Hair Junkie's talented team of stylists brings that cutting-edge, always current look on a budget.

"We take pride in showing them how to do it," Assaad said. "We are really big on education.

Assaad's friendly team shows clients how to use products or hair appliances to recreate that same salon-perfect at home no matter how funky or classic their style is.

Together with the opening of Spa Junkie two years ago, they have reset the bar on beauty services being offered in the city.

"We have quickly become the go-to spa," Green says.

CONTRIBUTED

The spa specializes in brow shaping, gentle hair removal with sugar for Brazilian and bikini, advanced skin care and makeup.

"We ensure there are great skills being delivered with each service," Green says, echoing Assaad's commitment delivering quality in what makes you feel most beautiful.

Now open Sundays to keep up with demand, clients can't get enough of the incomparable attention to detail and positive energy.

"It's chic but accessible; nobody feels out of place here," says Green, who adds clients are instantly at ease whether they are getting their monthly sugar-Brazilian or visiting the brow bar because of the welcoming atmosphere.

Green is widely known as the brow architect, providing masterful brow shaping and rescue. She is also an expert in sugaring, a virtually pain-free option to traditional waxing.

If you notice your brows need taming during your complimentary hair consultation at Hair Junkie, you are in luck, since you just have to cross the street to Spa Junkie in time for its Girl Time with a Glass of Wine every Friday.

"From four to close I take walk-ins at the brow bar and we do makeup consults," Green says. "We talk about beauty and life and so much more; all over a glass of wine."

Spa Junkie is located at 219 Laurier Ave. W., while Hair Junkie is located at 200 Laurier Ave. W. For more, or to book an appointment, visit hairjunkie.ca or spajunkie.ca.

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Nutty Thumbprint Cookies get two thumbs way up

This recipe makes 65 cookies. PRESIDENT'S CHOICE

Ingredients

- 1-1/4 cups (300 ml) unsalted butter, softened
- 3/4 cup (175 ml) packed dark brown sugar
- 1 egg
- 1 tsp (5 ml) pure vanilla
- 2 cups (500 ml) all-purpose flour
- 1 cup (250 ml) cornstarch
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) ground almonds
- 1/4 cup (50 ml) icing sugar
- 1 jar (375 g) PC Decadent Cookie Spread

1. In bowl of stand mixer fitted with paddle attachment, cream butter with brown sugar on medium speed for 3 to 4 minutes or until very light and fluffy. Add egg and vanilla; beat until well combined. Into another bowl, sift together flour, cornstarch, baking powder and salt; stir in almonds and add to creamed butter mixture. Mix on low speed just until combined. Cover bowl with plastic wrap. Chill for 1 hour or until mixture is firm.

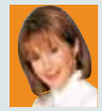
2. Preheat oven to 350 F (180 C). Line three baking sheets with parchment paper.

3. Using scant tablespoon (15 ml), scoop dough, form into 1-inch (2.5 cm) balls and place on one baking sheet, spacing 1-1/2-inches (4 cm) apart. Make a thumb indentation in each ball. Bake in centre of oven for 10 to 12 minutes or until evenly golden and crisp. Cool slightly on baking sheet. Gently press thumb into indentation. Cool cookies fully on baking sheet. While one batch bakes, scoop more dough onto second baking sheet. Let baking sheets cool fully before re-using to bake more cookies.

4. Sift icing sugar over cooled cookies. Using two spoons or a piping bag, fill cookie centres evenly with cookie spread, using entire jar. PRESIDENT'S CHOICE

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

No meal is complete without a sweet ending, but some seasonal treats are loaded with sugar.

Pumpkin pie

466 calories / 45 g sugar

Pumpkin pie will be all around us this season. A butter graham crust and creamy filling adds up quickly.

Equivalent

One slice of pumpkin pie is equal in sugar to 22 Timbits.

6 President's Choice mini chocolate eclairs

270 calories / 12 g sugar

Six eclairs give you almost half the calories and a fraction of the fat of the pumpkin pie.

Dessert. Yogurt Panna Cotta & Raspberry Coulis

1. Mix gelatin with 50 ml (1/4 cup) of the milk and let stand for 10 minutes.

2. Heat remaining milk but don't boil. Remove from heat and stir in gelatin until completely dissolved. Let cool for 5 minutes.

3. Add lemon zest and juice to yogurt. Blend remaining milk into yogurt. Pour into 6 decorative moulds and refrigerate until set, at least 4 hours.

4. To unmould ramekins, run a small knife around the edge of each ramekin, put a plate on top and flip ramekin over. Pat it a few times to help release panna cotta and then carefully lift ramekin off.

5. Raspberry Coulis: Purée coulis ingredients together in a blender and strain. Spoon around base of unmoulded panna cotta.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients

- 1 pouch (7 g/1/4 oz) unflavoured gelatin
- 250 ml (1 cup) milk, divided
- 5 ml (1 tsp) grated lemon zest
- 45 ml (3 tbsp) lemon juice
- 500 ml (2 cups) 2 per cent vanilla yogurt

Raspberry Coulis

- 300 ml (10 oz) raspberries
- 15 ml (1 tbsp) sugar

Spread it all over bread or eat it from the jar, we won't tell

Remember when Fluffernutter sandwiches were all the rage? This DIY Nutella-Marshmallow spread reimagines the idea with chocolate-hazelnut flavour instead of peanut butter.

1. In a medium saucepan over medium-high heat, combine the water, sugar and corn syrup (or honey). Stir gently to combine. Insert a candy thermometer and heat, without stirring, until the mixture reaches 240 F.

2. Meanwhile, when sugar syrup begins to form large bubbles, and the thermometer reads about 225 F to 230 F, place the egg whites and cream of tartar in the bowl of a stand mixer and beat the whites to soft peaks. This should take about 4 minutes.

3. By the time the whites are whipped, the sugar syrup should be at 240 F. Remove from the heat and with the mixer running, carefully pour the syrup in a thin, steady stream into the whites. The whites will deflate slightly at first, but as the sugar syrup becomes incorporated, they will thicken, turn white and begin to fluff up.

4. Continue to whip the mixture for 7 to 8 minutes, or until very thick and glossy. Add the vanilla and whip for another minute. Remove the bowl from the mixer, then fold in the Nutella until mixed, but not blended. Transfer to an airtight container. The spread can be stored at room temperature for 2 weeks. THE ASSOCIATED PRESS/ RECIPE ADAPTED FROM THE KING ARTHUR FLOUR CO.

Ingredients

- 1/3 cup water
- 3/4 cup sugar
- 3/4 cup corn syrup or honey
- 3 egg whites, room temperature
- 1/2 tsp cream of tartar
- 1 tsp vanilla extract
- Half of a 13-oz jar of Nutella

This recipe makes four cups. MATTHEW MEAD/ THE ASSOCIATED PRESS

Golf

Allen comes away with Hickory victory in Carolina

Michael Allen won the Greater Hickory Classic on Sunday in Conover, N.C., for his second Champions Tour title of the year and fifth overall, beating Olin Browne with a birdie on the first hole of a playoff.

Allen closed with a 5-under 65, also birdieing the par-5 18th in regulation to match Browne at 13-under 197 at Rock Barn.

THE ASSOCIATED PRESS

NASCAR

McMurray lights up Talladega

Jamie McMurray won at Talladega Superspeedway in a nearly clean race until rookie Austin Dillon lost control on the final lap Sunday, allowing the winner to coast across the line under caution in Alabama.

It was McMurray's first win in the NASCAR Sprint Cup Series since 2010.

THE ASSOCIATED PRESS

MLB

"We knew he was going to be a key contributor toward the back end of the bullpen." Red Sox manager John Farrell on his closer Koji Uehara, the ALCS MVP. The 38-year-old right-hander got the job after neither Joel Hanrahan nor Andrew Bailey lasted. Boston beat the Detroit Tigers 5-2 in Game 6 of the ALCS on Saturday and will face the St. Louis Cardinals in the World Series.

Redskins barely get past depleted Bears

NFL. Helu scores in final minute as Washington outscores and outlasts Chicago

Roy Helu of the Redskins rushes for a third-quarter touchdown against the Chicago Bears on Sunday in Washington. PATRICK SMITH/GETTY IMAGES

Still far from being a good team, the Washington Redskins are at least a successful team for a change.

The Redskins gave up a special teams touchdown to Devin Hester — who didn't see that coming? — and had their defence shredded by a backup quarterback playing his first regular season game in 21 months.

But they still took advantage of an injury-depleted Chicago Bears defence and scored their most points since 2005, needing every morsel of offence from Robert Griffin III and Co., right down to Roy Helu's game-deciding three-yard touchdown with 45 seconds remaining.

They beat the Bears 45-41 Sunday, raising their record to 2-4 while not doing much to alleviate the doubts surrounding the reigning NFC East champions.

"When we go watch the film, we won't watch it with smiles on our face," Griffin said.

Griffin completed 18 of 29 passes for 298 yards with two touchdowns and one interception, and he also ran 11 times for a season-high 84 yards. Helu rushed for three scores, and third-round rookie tight end Jordan Reed had a breakout performance with 134 yards and a touchdown, catching all nine passes thrown his way.

"Every game is big, but we sure needed it after being 1-4," coach Mike Shanahan said. "You don't want to dig yourself a bigger hole."

The Redskins' wins have come against backup QBs — Matt Flynn, who has since been released by the Oakland Raiders — and now Josh McCown, who entered Sunday's game in the second quarter after Jay Cutler left with a groin injury.

McCown was seeing his first action since the 2011 season, but the Bears improved with him in the game. Chicago had 46 yards of total offence in the first half and 313 in the second. He completed 14 of 20 passes for 204 yards, including a seven-yard touchdown pass to Martellus Bennett. THE ASSOCIATED PRESS

Around the NFL

- **Jets 30, Patriots 27.** Geno Smith threw a touchdown pass and ran for another score as the Jets (4-3) topped Tom Brady and the Patriots (5-2) in overtime.
- **Cowboys 17, Eagles 3.** Tony Romo threw for 317 yards and one touchdown and Dallas overcame a sluggish start to take sole possession of first place in the NFC East with a win in Philadelphia.
- **Bills 23, Dolphins 21.** Mario Williams forced a fumble with less than three minutes left, setting up the winning field goal. Dan Carpenter, released in August after five seasons with the Dolphins, beat his former team by making a 31-yarder with 33 seconds to go.
- **Chargers 24, Jaguars 6.** Philip Rivers threw for 285 yards and a TD, Ryan Mathews ran for 110 yards and a score, and the surging Chargers (4-3) showed little, if any, issues with a short week in Jacksonville, Fla.

CFL. Alouettes' offence puts hurt on Hamilton

The Alouettes celebrate an S.J. Green touchdown on Sunday in Montreal THE CANADIAN PRESS

Troy Smith threw three touchdown passes in his first CFL start as the Montreal Alouettes downed the Hamilton Tiger-Cats 36-5 to tighten the race for playoff positions on Sunday afternoon.

S.J. Green, with two, and Arland Bruce were on the receiving end of TD throws from the 2006 Heisman Trophy winner, while Tyrell Sutton ran one in. Sean Whyte had two field goals as Montreal won for the third time in four games.

THE CANADIAN PRESS

NHL

Blue Jackets crack winning code against Canucks

R.J. Umberger scored his first goal of the season with 8:46 left and the Columbus Blue Jackets ended a four-game losing streak with a 3-1 victory over the Vancouver Canucks on Sunday night.

Curtis McElhinney, making his first appearance for the Blue Jackets in place of Vezina Trophy winner Sergei Bobrovsky, had 37 saves.

THE ASSOCIATED PRESS

NHL. Demoted backstop Biron chooses retirement

Goaltender Martin Biron announced his retirement at the age of 36 on Sunday, after playing parts of 16 NHL seasons.

The New York Rangers put Biron on waivers last week. Biron was assigned to the Hartford Wolfpack on Tuesday, but he did not report.

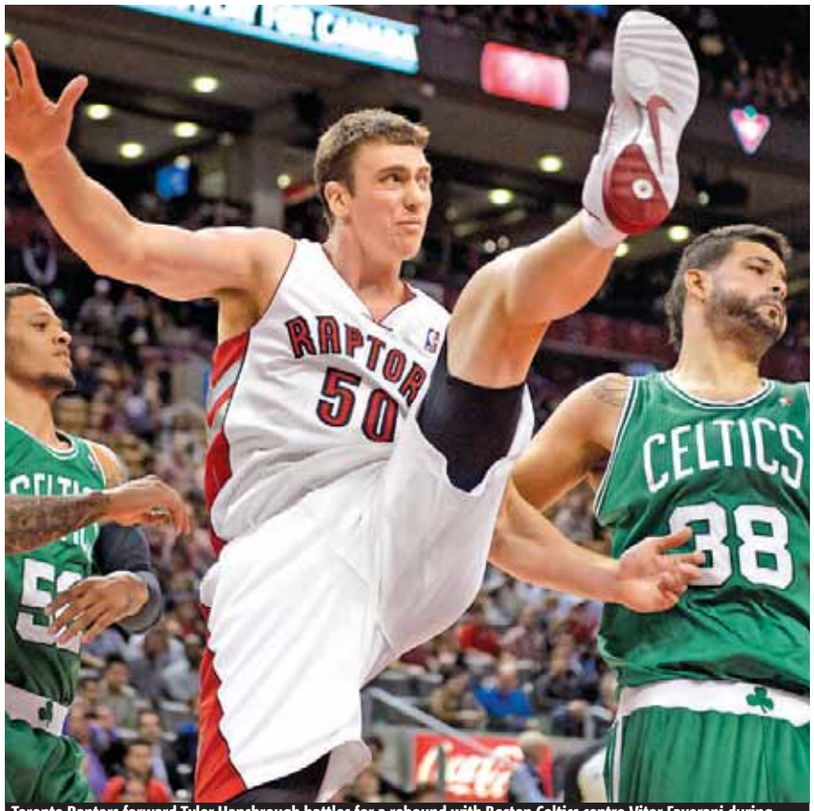
"After thinking about it with my family, I've decided to retire as a player and move on to a new chapter," Biron wrote on his verified Twitter account. "Thank you all for your support." THE CANADIAN PRESS

Biron's numbers

Martin Biron went 230-191-52 with a 2.61 goals-against average and .910 save percentage in 508 games with the Buffalo Sabres, Philadelphia Flyers, New York Islanders and Rangers.

- He gave up nine goals on 38 shots in two appearances this season before being waived.

4 SPORTS


Toronto Raptors forward Tyler Hansbrough battles for a rebound with Boston Celtics centre Vitor Faverani during pre-season action in Toronto last Wednesday. FRANK GUNN/THE CANADIAN PRESS

Tyler Hansbrough brings blue-collar mentality to T.O.

NBA. 27-year-old forward's bruising skill set is rare in today's league, coach says

The topic turns to basketball "skill sets" and what fans notice and what they appreciate and, of course, a workmanlike banger like Raptors forward Tyler Hansbrough understands that he might not be as aesthetically pleasing as most other NBA players.

He doesn't care an awful lot. His hit-first, hit-often mentality has served him pretty well in his first four years in the league, but he knows he'll never dominate the highlight reels like the swift and athletic men who populate the NBA.

He knows his teammates appreciate what he does, he knows that opponents largely hate going against him, and that's just fine with him.

But the fact is that what Hansbrough does, how he plays, how he carries himself on the court, is as learned and important a "skill" as any dunk, shake-and-bake offensive move or silky-smooth jump shot.

"The No. 1 thing is playing hard like that every day is an NBA skill, that is a talent," Toronto coach Dwane Casey said ahead of a visit from the New York Knicks on Monday. "I don't know how you describe it or what you call it but for the guys I've seen over the years who bring it every day like that, that is not easy to do.

"You would want everybody to give it every day like that and hit people and play hard and take hits, get beat up every day, but it doesn't happen."

It does, however, with the 27-year-old Hansbrough, who could be poised to join an elite group of tough-minded fan favourites that has dotted the roster over the years.

He hears the ovations when he gets in the game, he feels the buzz when he knocks people around chasing loose balls; he says he's just doing what comes naturally and if it brings accolades, all the better.

THE STAR NEWS SERVICE

New in town

"I just play my game.... I feel like I can be a leader. I'm not the most vocal guy but I lead by example."

27-year-old Tyler Hansbrough on bringing his blue-collar work ethic to Toronto

NBA pre-season

Love alive and well in Montreal

Kevin Love's 22 points and nine rebounds led the Minnesota Timberwolves to a 104-89 victory over the Boston Celtics on Sunday night at the Bell Centre.

The game was held in Montreal as part of the 2013 NBA Canada series.

Kevin Martin had 21 points and nine rebounds for the Timberwolves (3-2). Ricky Rubio led the team with seven assists.

THE ASSOCIATED PRESS

Waterfront Marathon

Ontario native sets record time

Lanni Marchant was taking her first steps when Oshawa, Ont., native Sylvia Ruegger set Canada's record time in the women's marathon in 1985.

On Sunday, the 28-year-old from London, Ont., took that mark and beat it.

Marchant set the new Canadian record at the Toronto Waterfront Marathon with a time of two hours 28 minutes, besting Ruegger's mark of 2:28:36.

THE CANADIAN PRESS

Tennis. Federer reflects on a rough season and his long road back to the top

Roger Federer thinks he made mistakes this year by playing when injured, but insists he is ready for a strong finish to his most difficult season.

Ahead of his hometown Swiss Indoors tournament, Federer said he regretted playing matches with back problems at Indian Wells in March, and Hamburg and Gstaad in July.

"With hindsight, I shouldn't have (played). They were errors," said the now seventh-ranked Federer, who has been one of the most durable players on tour throughout his career.

The 32-year-old said he felt "physically and mentally" prepared for a possible 15 matches in three season-ending weeks at Basel, the Paris Masters and ATP World Tour Finals in London.

Still, Federer — who has a relatively modest 36-13 season record — was cautious when asked if he could repeat his title hat trick of 2011.

"I don't know if my level of play is strong enough to do it now," he said. "That would be a bit bizarre for me if I start saying that I'm going to win the last 15 matches of the season.

32-year-old Roger Federer GETTY IMAGES FILE

"I have to hope so because I know that I can play really well, especially indoors. That starts here in Basel with the advantage of playing at home."

Federer, a five-time Swiss Indoors champion, opens Monday against 60th-ranked Frenchman Adrian Mannarino.

In his far from typical season, Federer has won only one title — the grass-court event at Halle, Germany, in June — and regularly lost to unseeded opponents since injuring his back in March.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Detroit	9	6	3	0	24	23	12
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	8	7	1	0	31	19	14
Carolina	9	4	2	3	22	26	11
NY Islanders	8	3	3	2	25	23	8
Columbus	8	3	5	0	19	22	6
Washington	8	3	5	0	21	25	6
New Jersey	8	1	4	3	17	26	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

Sunday's results
Columbus 3 Vancouver 1
Dallas at Anaheim
Nashville at Winnipeg
Saturday's results
Pittsburgh 4 Vancouver 3 (SO)
Edmonton 3 Ottawa 1
Colorado 4 Buffalo 2
Florida 2 Minnesota 1 (SO)
Nashville 2 Montreal 1
Chicago 3 Toronto 1
Boston 5 Tampa Bay 0
New Jersey 4 NY Rangers 0
Washington 4 Columbus 1
Carolina 4 NY Islanders 3
Phoenix 5 Detroit 2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	8	7	1	0	27	12	14
Chicago	8	5	1	2	23	19	12
St. Louis	7	5	1	1	27	19	11
Nashville	8	4	3	1	16	21	9
Minnesota	9	3	3	3	19	22	9
Winnipeg	8	4	4	0	21	22	8
Dallas	7	3	4	0	17	22	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	39	16	15
Anaheim	7	6	1	0	24	16	12
Phoenix	9	5	2	2	27	26	12
Los Angeles	9	6	3	0	24	22	12
Vancouver	10	5	4	1	27	29	11
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	5

Note: Two points for a win, one point for overtime loss.

San Jose 6 Calgary 3
Los Angeles 5 Dallas 2
Monday's games — All Times Eastern
San Jose at Detroit, 7:30 p.m.
Colorado at Pittsburgh, 7:30 p.m.
Calgary at Los Angeles, 10:30 p.m.
Tuesday's games
Anaheim at Toronto, 7 p.m.
Vancouver at NY Islanders, 7 p.m.
New Jersey at Columbus, 7 p.m.
Chicago at Florida, 7:30 p.m.
Edmonton at Montreal, 7:30 p.m.
Washington at Winnipeg, 8 p.m.
Nashville at Minnesota, 8 p.m.
Calgary at Phoenix, 10 p.m.

MLB PLAYOFFS

ALCS

BOSTON RED SOX VS. DETROIT TIGERS
(Boston wins series 4-2)
Saturday's result
Boston 5 Detroit 2

NLCS

ST. LOUIS CARDINALS VS. L.A. DODGERS
(St. Louis wins series 4-2)
Friday's result
St. Louis 9 L.A. Dodgers 0

WORLD SERIES

(Best-of-7)

ST. LOUIS VS. BOSTON
Wednesday's game — All Times Eastern
St. Louis (Wainwright 19-9) at Boston (Lester 15-8), 8:07 p.m.
Thursday's game
St. Louis at Boston, 8:07 p.m.
Saturday's game
Boston at St. Louis, 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Sunday's result
Montreal 36 Hamilton 5
Thursday's game — All Times Eastern
Winnipeg at Toronto, 7:30 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Hamilton, 1 p.m.
Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Sunday's results
Cincinnati 27 Detroit 24
San Diego 24 Jacksonville 6
Carolina 30 St. Louis 15
Washington 45 Chicago 41
N.Y. Jets 30 New England 27
Buffalo 23 Miami 21
Dallas 17 Philadelphia 3
Atlanta 31 Tampa Bay 23
San Francisco 31 Tennessee 17
Green Bay 31 Cleveland 13
Kansas City 17 Houston 16
Pittsburgh 19 Baltimore 16
Denver at Indianapolis
Monday's game — All Times Eastern
Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Sunday's results
New York 3 Houston 0
San Jose at Los Angeles
Saturday's results
Montreal 2 Philadelphia 1
FC Dallas 2 Seattle 0
Colorado 3 Vancouver 2
New England 3 Columbus 2
Chicago 1 Toronto FC 0
Portland 0 Real Salt Lake 0

Horoscopes

♈ Aries
March 21 - April 20
Something you think is important is in fact trivial and the sooner you realize that fact the better off you will be.

♉ Taurus
April 21 - May 21
A relationship matter that has been worrying you for weeks will fade in significance today. Maybe it isn't as bad as you thought it was. Time will tell.

♊ Gemini
May 22 - June 21
Every upheaval is an opportunity in disguise and soon you will realize that fate has been prodding you to move in a new and more profitable direction. All you have to do is get moving.

♋ Cancer
June 22 - July 23
As Mercury, planet of the mind, turns retrograde today so the way you look at your life will change. However, this particular cosmic event has a way of playing tricks on people, so don't make any drastic moves just yet.

♌ Leo
July 24 - Aug. 23
You may be upset that something or someone has gone out of your life but it is all part of the process of growth and change. The world never stands still and nor should you. Move on in your life.

♍ Virgo
Aug. 24 - Sept. 23
It takes courage to hold a view that few other people agree with and more courage still to express that view openly. But you are not the sort to back down and will insist on having your say. Let's hope you are right!

♎ Libra
Sept. 24 - Oct. 23
Throw away your schedules and timetables. With Mercury moving retrograde today there is really no point in making plans. Take each moment as it comes.

♏ Scorpio
Oct. 24 - Nov. 22
Ideas you once supported don't seem so attractive now but you are still reluctant to give up on them. Until you do you won't be able to take advantage of the new insights that enter your mind.

♐ Sagittarius
Nov. 23 - Dec. 21
If you are smart you will keep your opinions to yourself. You may be desperate to prove a rival wrong but the planets warn it won't be as easy as you think.

♑ Capricorn
Dec. 22 - Jan. 20
Let colleagues know how you feel today but don't get emotional about it. If they can see that you are affected to such an extent they may decide to up the pressure, hoping you will break.

♒ Aquarius
Jan. 21 - Feb. 19
Some tough decisions will have to be made, the kind of decisions where you upset more people than you please. Fortunately you are not the sort to worry about that. You enjoy rocking the boat.

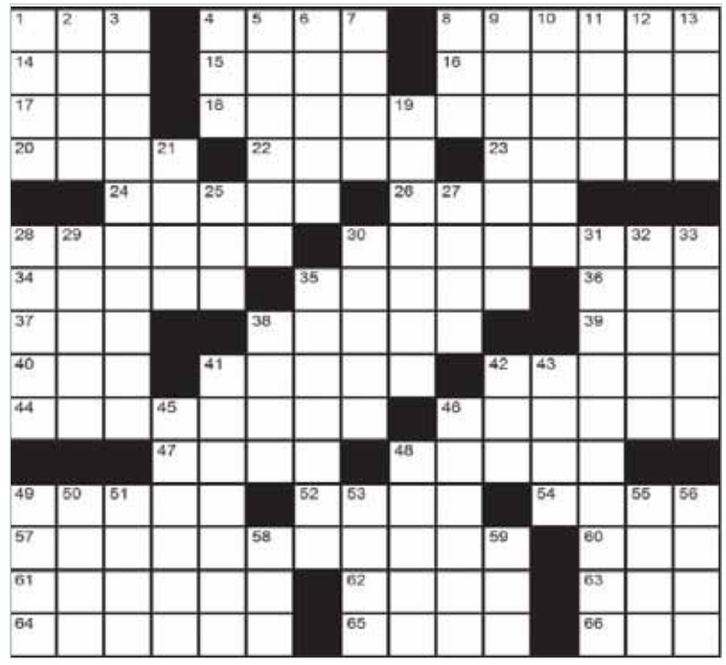
♓ Pisces
Feb. 20 - March 20
You may not be a rule breaker but there is one rule that annoys you so much you are determined to smash it. That's fine but don't forget that actions have consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

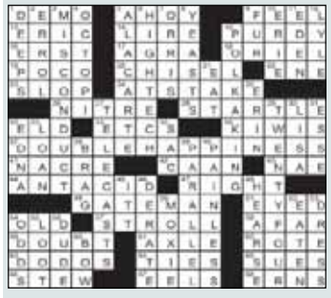
BY KELLY ANN BUCHANAN



Across
1. A-li'l-__-will-d'ya
4. Gas station name
8. Rejects
14. Football's Mr. Manning
15. "__ she blows!"
16. Set the dial: 2 wds.
17. Vroomer
18. Toronto-born singer of "Old Skool Love": 2 wds.
20. Modeller's buys
22. Island off of Newfoundland
23. Beau __ (Gracious action)
24. Megan of "Smash"
26. Gone With the Wind land
28. 1991 Tragically Hip album: 'Road __'
30. Canadian insurance and financial services company
34. Lively rhythms
35. Adjust margins, say
36. Capture
37. Disney deer
38. Carries
39. Put down, slang-style
40. Gladiator's 300
41. Circled
42. I'm; __; He's...
44. Forest for Robin Hood
46. Lab device, __ burner
47. Where the White House is, __ _._.
48. Kindled again
49. "_ __ Before Dying" (1991)
52. In the thick __ __
54. Restaurant receptacle
57. Consumer watchdog program on the CBC
60. Rosemary's Baby novelist Mr. Levin
61. Seasonable
62. "Aren't _ __ lucky one?"
63. "Lost in Love" soft rockers with a Supply of it
64. Gobbles food, in slang
65. Johnny Carson's predecessor Jack
66. Chap

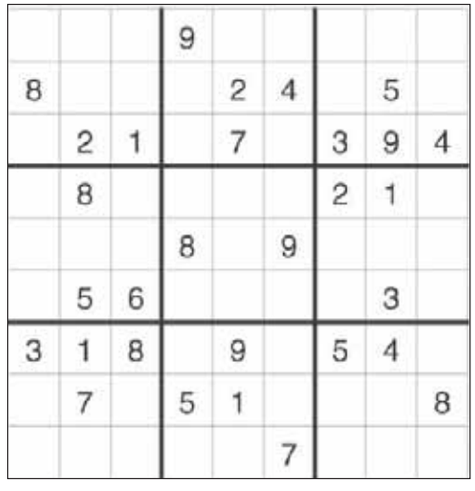
Down
1. Casino pack
2. Court game, with Jai
3. Charlottetown, 'The __ of Confederation'
4. Airport schedule acr.
5. Changes
6. "__ Truffle" by The Beatles
7. Real thing, for short
8. Female saint in France [abbr.]
9. Fish and Chips, Shepherd's Pie ...and more: 2 wds.
10. Artificial
11. Vintage autos
12. Food package abbr., __. __.
13. Loudness of sound unit
19. As sheet music is
21. River deposit
25. Guitarist Mr. Paul
27. Santa __ (Hot winds)
28. Sir Guinness, and others
29. Salt amount
30. __ out (Dished)
31. The __ Revolution
32. Laissez-__
33. Buddy of "The Beverly Hillbillies"
35. Peter Weller '80s Sci-Fi flick
38. Step heavily
41. "...to thine __ __ be true..." - Shakespeare
42. Montreal airport code
43. Taking care of things: 2 wds.
45. Daredevil
46. "You __!" (That's right!)
48. Lasso
49. Tbsp., et al.
50. Ballet world's Karen
51. "My Friend __" ('50s sitcom)
53. Acrobat's feat
55. Opera song
56. Stick sort
58. Mr. Cobb's
59. 'Profit' suffix

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

ends wednesday!

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